



## Packages and Pricing for One on One Life Coaching Sessions

### **Quick Boost**

If you have a specific goal and finding yourself in a rut, this is an excellent option for you. “Quick Boost” can also be used for people who have already benefited from coaching previously, who just want a quick boost or a helping hand to deal with new found challenges.

1 hour Session only	Session AND Detailed Session Summary	Session AND Follow Up unlimited email coaching (Up to 2 weeks following the Session)	Full Coaching Package (Session, Summary & Follow Up Email Coaching)
\$85- (\$75-)	\$120- (\$110-)	\$135- (\$125-)	\$160- (\$150-)

### **Mini-Goal**

An introductory coaching package to help you articulate your life goals and develop strategies to achieve your dreams. A great starter!

3 x1 hour Session only	3 Sessions AND Detailed Session Summary	3 Sessions AND Follow Up unlimited email coaching (Up to 2 weeks following the Session)	Full Coaching Package (Sessions, Summary & Follow Up Email Coaching)
\$230- (\$200-)	\$325- (\$295-)	\$365- (\$335-)	\$435- (\$405-)

\*By purchasing one of the above package deals, you are effectively saving approx **10%** off the coaching package chosen.

### **Big Change**

A great package that can make a significant difference in your life. Goals are set, strategies are put into place and your coach will stand by you every step of the way to help you achieve your goals.

6 x1 hour Session only	6 Sessions AND Detailed Session Summary	6 Sessions AND Follow Up unlimited email coaching (Up to 2 weeks following the Session)	Full Coaching Package (Sessions, Summary & Follow Up Email Coaching)
\$435- (\$375-)	\$615- (\$555-)	\$690- (\$630-)	\$865- (\$805-)

\*By purchasing one of the above package deals, you are effectively saving approx **15%** off the coaching package chosen.

\*Prices exclude GST

\*Prices in brackets ( ) are Over the Phone/Online coaching prices. As Over the Phone/Online methods of coaching can reduce the cost of travelling and increase efficiency of operation, Recipe For Happiness is happy to pass on the savings to our clients who choose Over the Phone/Online coaching methods.

\*Face to Face coaching sessions are only offered in Geelong (Vic, Australia) and surrounding areas and additional surcharge may apply for other areas.

\*Prices subject to change without notice

## Ultimate Goal

Recommended package. 12 sessions of professional coaching will not only help you achieve your goals, but also educate you and equip you well to deal with life's problems more effectively and efficiently.

12 x1 hour Session only	12 Sessions AND Detailed Session Summary	12 Sessions AND Follow Up unlimited email coaching (Up to 2 weeks following the Session)	Full Coaching Package (Sessions, Summary & Follow Up Email Coaching)
\$ 815- (\$695-)	\$1155- (\$1035-)	\$1295- (\$1175-)	\$1535- (\$1415-)

\*By purchasing one of the above package deals, you are effectively saving approx **20%** off the coaching package chosen.

## Email Happiness

A great "maintenance" service for in-between coaching sessions, helping to keep motivation and focus at levels so that goals are reached. Email happiness is recommended for people who has already undertaken one of the above face to face or over the phone coaching packages.

Unlimited email coaching for 4 weeks \$195-

## Other Important Information

Recipe For Happiness is committed to providing you with professional, high quality Coaching services. Although we recommend the full package (Session, Summary & Follow Up email coaching) to ensure the maximum effectiveness, we have also developed a variety of packages as outlined above to suit your needs and budget.

Recipe For Happiness is passionate about empowering people through provision of quality Coaching services. We offer 30% discounts to people with Health Care or Pension Card to ensure that everyone has access to quality Coaching service.

If you believe that you would benefit from undertaking Coaching but cannot meet the cost of Coaching, you may qualify to receive FREE coaching services by contacting the Australian Life Coaching Society (ALCS) – please visit their website [www.lifecoaching.net.au](http://www.lifecoaching.net.au) or call 03 9382 7894.

Recipe For Happiness is a proud member of the ALCS and our membership with the ALCS is one of the many ways in which we contribute to the society and to help us to "Create, Share and Spread Happiness".

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Achieve your true potential

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